

Iodine Nutrition

Iodine, a trace mineral that converts to iodide in the body, is available from a number of sources including kelp and other sea vegetables, seafood, iodized salt, dairy products, and agricultural vegetables. Iodine is an important component of Thyroxin. Iodine offers multiple benefits: it can eliminate goiters, improve hypothyroidism--under-active thyroid--and fibrocystic diseases, and counteract the effects of exposure to radiation. Iodine is a necessary element in the production of metabolism-maintaining thyroid hormones. The proper amount of iodine can improve the condition of hair, skin, and nails. Iodine: Possible Side Effects and Deficiencies Iodine consumption can cause thyroid dysfunction, itching, rashes, skin lesions, and gastro-intestinal problems. Thyroid problems may exhibit as fatigue, weight gain or loss, dry skin and goiter. Iodine deficiency occurs with individuals who avoid seafood, dairy products, processed foods, and/or iodized salt. Children who do not get enough iodine may develop iodine deficient anemia, which can interfere with supplementation. Although iodine is widely available in food, it can also be taken as a supplement. Iodine Tablets: What to Watch Out For Pregnant or nursing women, before beginning supplements of any kind, should always consult with a physician. To avoid dangerous interaction with any medications you may be on, please speak to your doctor about any supplements you wish to take! How to Select a Quality Iodine Supplement Because both private and government bodies have shown that consumers have only a 20% chance of either buying supplements that contain what it is claimed on their label, or those that do not contain dangerous contaminants, make certain you obtain your iodine pills from pharmaceutical GMP compliant facilities. Pharmaceutical GMP facilities, because they comply with world's strictest manufacturing standards, guarantee your peace of mind in knowing that you are actually getting what you paid for.

About the Author

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